

***Mindful Body Awareness Training in Treatment:  
Paid Research Study Opportunity***



**Eligibility:**

- ✓ ***Enrolled in medication-assisted treatment and receiving buprenorphine***
- ✓ ***In treatment for at least 4 weeks***
- ✓ ***Fluent in English***
- ✓ ***Can attend mindful body awareness sessions when offered***

- **All participants will be asked to attend 5 appointments to answer questionnaires**
- **Half of all participants will receive 8 Mindful Body Awareness training sessions**
- **Mindful Body Awareness Sessions take place over clothes**
- **Sessions promote body awareness, mindfulness skills, and self-care**
- **Sessions are delivered one-on-one with therapist, are 1.25 hours long once/week**

**Additional Information:**

- In appreciation for your time, you will receive up to \$250 for attended assessments.
- The Mindful Body Awareness sessions are provided free of charge and you will receive \$10 for each attended session and up to \$100 for completing all 8 sessions.
- We will provide transportation and parking vouchers if needed.

**If interested, let your provider know, and we'll give you a call!**

**Or call Caitlin (research coordinator): 360-809-8810**